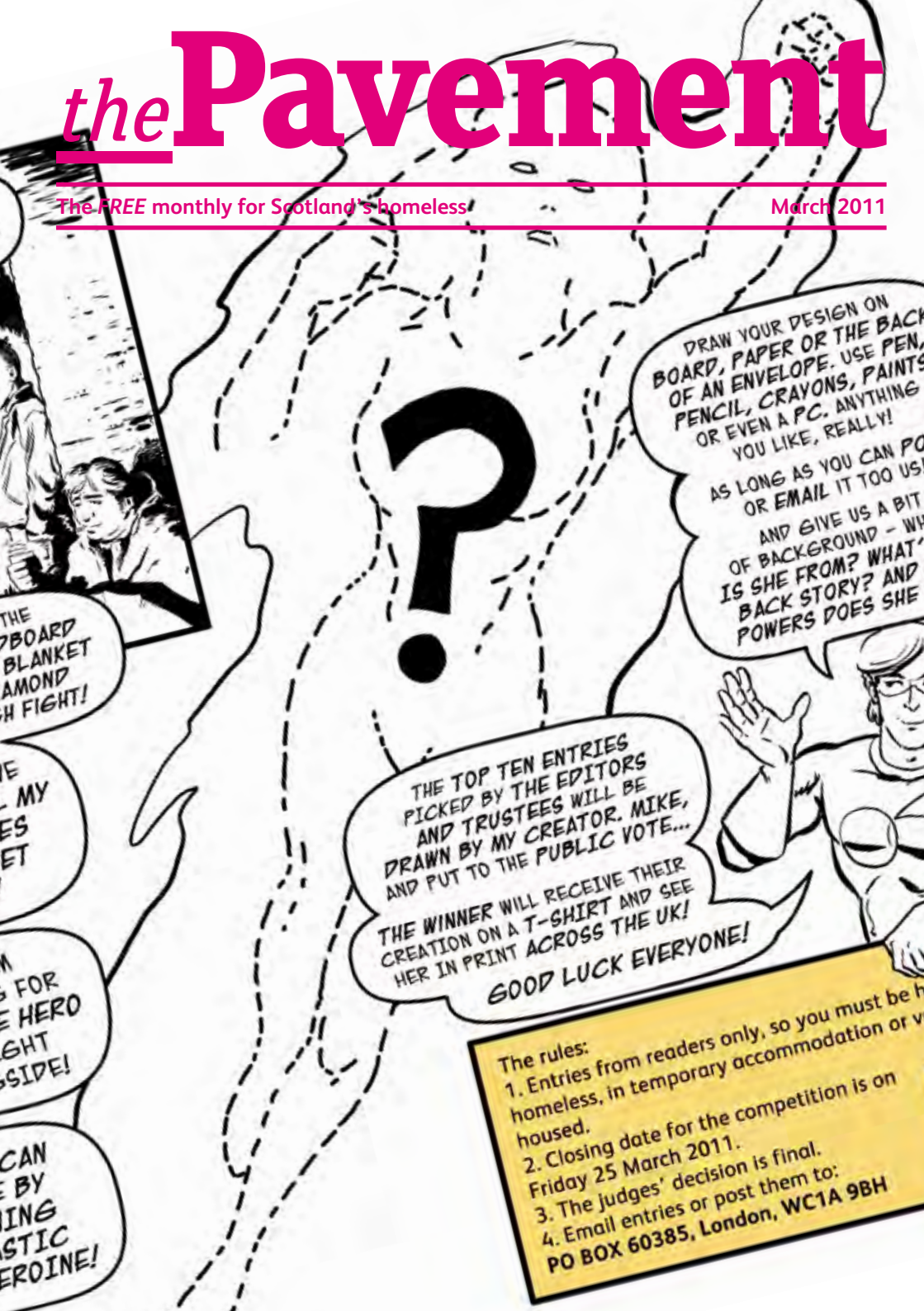


the Pavement

The **FREE** monthly for Scotland's homeless

March 2011



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PENCIL, CRAYONS, PAINTS
OR EVEN A PC. ANYTHING
YOU LIKE, REALLY!

AS LONG AS YOU CAN PO
OR EMAIL IT TOO US!

AND GIVE US A BIT
OF BACKGROUND - WH
IS SHE FROM? WHAT
BACK STORY? AND
POWERS DOES SHE

THE TOP TEN ENTRIES
PICKED BY THE EDITORS
AND TRUSTEES WILL BE
DRAWN BY MY CREATOR, MIKE,
AND PUT TO THE PUBLIC VOTE...

THE WINNER WILL RECEIVE THEIR
CREATION ON A T-SHIRT AND SEE
HER IN PRINT ACROSS THE UK!

GOOD LUCK EVERYONE!

The rules:

1. Entries from readers only, so you must be homeless, in temporary accommodation or housed.
2. Closing date for the competition is on Friday 25 March 2011.
3. The judges' decision is final.
4. Email entries or post them to:
PO BOX 60385, London, WC1A 9BH



the Pavement

www.thepavement.org.uk

Issue 25 / Scotland / March 2011

Published by

The Pavement Scotland

We're currently changing our PO Box,
but email addresses remain the same.

Registered Charity Number 1110656

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Printed by

Evon Print Ltd, United Kingdom

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The Pavement (print) **ISSN 1757-0476**

The Pavement (online) **ISSN 1757-0484**

The Editor

Under new management

Welcome to *The Pavement*. This is my first edition as Scotland editor and I'd like to take this opportunity to say a big hello to readers old and new. We want this to be your magazine – it should cover the stories from the street that really matter and venture off-piste where others don't go.

But we also need to know what you want. Get in touch and let us know what you want to know more about, what needs investigating and who you'd like to see us give a good grilling.

In this edition we're highlighting the crisis that our young people are facing. Youth homelessness has risen by whopping 40 per cent, according to a new survey. In 2009, 50 young people across Scotland – aged 16–25 – presented as homeless every single day.

The report, by Citizen's Advice Scotland, tells the stories of the people behind those numbers – the young guy sleeping rough in a park, the young woman made homeless by domestic violence, the 20-year-old struggling to come off heroin whose case is judged to be 'not a priority'. These young people – and thousands of others across Scotland who don't know where they will be sleeping tonight – deserve much, much more. This is an issue to shout about.

But it's not all doom and gloom. There's also evidence in these pages of young people taking life into their own hands and making the most of everything that comes their way. Fab Pad – a full and funky interior design project, which gives 16–34-year-olds at risk of homelessness the chance to make the house they have been newly allocated into a home, is one example. Read about their new bid to show off what they can do.

Karin Goodwin

Editor

scotland@thepavement.org.uk

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The contest is still open to design our super heroine for the Street Shield comic strip - full details on our website:

www.thepavement.org.uk/cartoons.php

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Scottish news

The homeless news from Edinburgh, Glasgow and beyond

From frumpy to funky: 'Fab pads' launch nationwide with style

An innovative interior design project devised for tenants at risk of becoming homeless has teamed up with a number of housing association partners across Scotland to launch an open exhibition of newly transformed 'show homes'.

The National Showhomes Exhibition 2011 – which launched last month and will continue throughout March – will feature flats transformed from the drab stereotype of social housing in Scotstoun, Govan, Ayrshire, Edinburgh and Castlemilk. Workshops and events are also on offer for any visitors that come along for a sneaky peek at the revamped rooms.

The project, endearingly called Fab Pab, is a scheme exclusively for 16–34-year-olds at risk of homelessness or in their first tenancy. The core aim of the venture is to provide support, workshops and a budget to enable vulnerable tenants to individually style their surroundings, making houses into homes.

The creative participants are also provided with additional assistance to improve their employability and encourage them to take steps to secure future education or employment. The course usually lasts for 6–12 months, during which time the hands-on tenants attend weekly workshops with professional interior designers to plan and create their dapper dwellings. It also proves to be a valuable opportunity for them to interact with other like-minded people in similar situations to themselves. Initially thought up in 1999 by Impact Arts, a Scottish-

based arts organisation, Fab Pad is the company's longest-running programme. From its inauguration over a decade ago, it has supported over 3,000 vulnerable tenants. But now they have teamed up with more housing authorities than ever before to launch the Scotland-wide exhibition.

Susan Aktemel, director of Impact Arts, said: "Fab Pad participants across Scotland achieve great things every day, and through this exhibition of show homes with our housing partners, we are able to show exactly what our talented designers and participants are able to create together.

"We have proven that we contribute significantly to increased tenancy sustainment and moving into education and employment, and the National Showhomes Exhibition is the perfect way of celebrating this and raising awareness of the impact which Fab Pad has had."

So far, the programme has had impressive results with over 90 per cent of project participants going on to sustain their tenancy for 12 months or more.

Currently, Fab Pad works with over 500 people at risk of homelessness each year across 11 local authority areas in Scotland. The venture has designs to expand to even more areas across the UK in the coming year.

Laura Blakley

- For further information on the project, visit the website at www.impactarts.co.uk or call 0141 575 3001

Government action needed for young rise

One of Scotland's best-known advice services has warned that young people are facing 'disproportionate' levels of homelessness and is calling on the Scottish Government to take action.

Citizen's Advice Scotland's (CAS) report – 'Being Young, Being Heard' – released last month, details the extent to which young people have been affected by the recession.

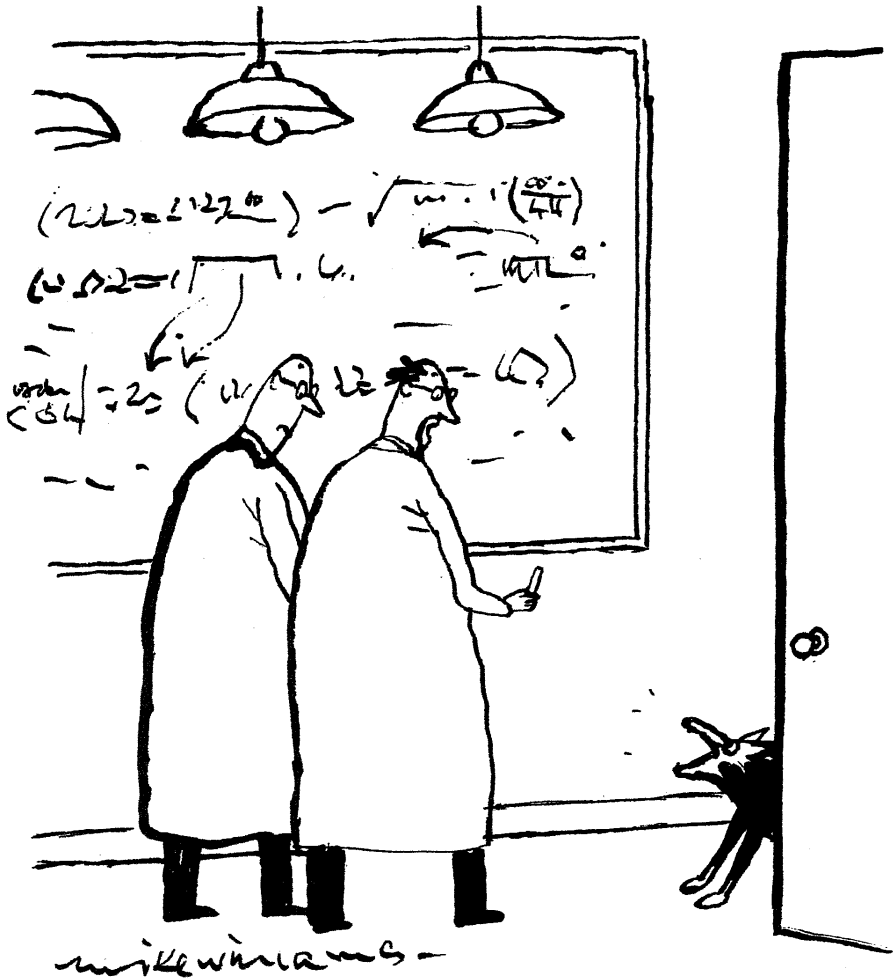
Today's young people might be known as the 'Peter Pan generation', accused of clinging to their adolescence for fear of what the future holds. But the report shows that in fact many have had to grow up far too fast.

The research claims that youth homelessness is a growing problem, which has increased by 40 per cent between 2007 and 2009. The Citizen's Advice data also showed that nearly a third of homeless applications made in Scotland are made by a single person under the age of 25 years. Fifty young people applied as homeless every day in 2009.

The most common reasons for homelessness amongst young people, say the report's authors, involve the breakdown of family relationships, which can come from long-term conflict or even result in violence.

According to CAS, homelessness exacerbates other problems many young people are facing including mental health problems and drug or alcohol misuse. In addition it holds people back from accessing employment, education or training.

The survey also highlighted the 'most visible' effect of the



"What? You mean by giving up its lone outer electron, a sodium atom achieves a desirable quantum mechanical configuration and is left with a positive charge? By accepting an extra electron, chlorine fills its outer shell with eight electrons and gains a negative charge. The charged ions are then held together to make molecules and crystals of common salt (NaCl) by electrostatic forces... Lassie, are you absolutely sure of this?"

EVERY YEAR THERE ARE INJURIES AND EVEN DEATHS RESULTING FROM PEOPLE BEDDING DOWN IN RUBBISH BINS, SKIPS & CLOTHING BANKS. IT ISN'T SAFE! MANY BINS ARE EMPTIED IN THE QUIET HOURS, SOMETIMES BY A VEHICLE WITH A SINGLE DRIVER, DUMPING THEIR LOAD, WITH A LONG DROP, INTO A COMPACTOR - WHO WILL HEAR YOU OVER THE MACHINERY NOISE!

**STAY OUT!
STAY SAFE!**

The Pavement

recession on young Scots including unemployment and redundancies. The statistics show that the unemployment rate for young people is about 20 per cent.

Citizen's Advice Scotland's chief executive, Lucy McTernan, said: "Citizen's Advice Bureau advisers have been reporting for some time that young people were experiencing real problems, so when we began

this survey we expected the results to show quite a lot of suffering.

"But frankly we've been taken aback by just how bleak the picture is. There is real anger and despair out there.

"To be young in Scotland today is to worry about whether you will be able to get a job or a home.

"It is essential that the Scottish Government and local authorities provide suitable support and accommodation for those who become homeless, and commit to addressing the causes of homelessness for young people."

Others working with homeless young people said the issues were complex but often boiled down to a simple problem.

Lizzie Adrain, a development worker for Care and Share, a homelessness charity based in Ayr, said: "Poverty is the biggest issue. Homelessness, addiction and antisocial behaviour are all symptoms of poverty."

Care and Share conducted a recent survey, asking young homeless people how they feel about their situation: "Despair" said one woman in summing up her feelings. "My money has been cut in half due to a silly interview. I'm in crisis and I can't live on it – I'm skint. It just gets worse. Where is the help and support?"

And the call for the Scottish Government to do more to support young people who have become homeless is now greater than ever with CAS claiming it is essential that the Scottish Government and local authorities provide suitable support and accommodation for those who become homeless. It should also commit to addressing the causes of homelessness for young people, the advice service insists.

In response, Holyrood claims to have put new policies in place to 'prevent and alleviate homelessness and to ensure that every homeless person gets help according to their needs.'

Housing Minister Alex Neil said: "The Scottish Government and its partner COSLA are not, and never will be, complacent about tackling and preventing the trauma of homelessness.

"With the housing options approach, prevention activity is the main driver, which makes sense economically and socially, and is in line with the Government's broader principles of early intervention."

It remains to be seen if it will deliver on its promise so that the fight to eradicate the problem of homelessness can progress.

Hazel Bird

- To read the report in full, visit the CAS website: www.cas.org.uk or for help and advice visit your local Citizen's Advice Bureau.

Empty homes targeted

A website that encourages people to spot potential homes that are lying empty – and then put pressure on their local council to take action – has sparked almost 100 reports to local authorities around Scotland.

The site, part of the Empty Homes Initiative Scotland, was launched late last November and allows the public an easy and effective way of bringing a disused house to the attention of the council.

Co-ordinators of the system, Shelter Scotland, are then able to work with councils to help them get vacant homes back into use. And that's good news for homeless people in desperate need of suitable accommodation.

The figure comes just weeks after a Freedom of Information request by the Scottish Liberal Democrats revealed that there are over 70,000 homes across Scotland lying empty.

The revelation, which Lib Dems said was "astonishing", led to calls for action. The Scottish Government

Stories from the trenches – the people behind the numbers

One young man, 22, from the north of Scotland, has significant addiction problems, including heroin and alcohol. He also suffers from depression, anxiety and has a history of self-harm. But he has been assessed as not being in priority need of homelessness accommodation.

In the east of Scotland, one young woman, fleeing domestic abuse has been told to vacate the temporary accommodation that was her sanctuary. Her future is uncertain.

Another 20-year-old man, based in the south of Scotland, has been sleeping rough in a local park for three months. He is struggling to access benefits because he has no permanent address.

A 23-year-old mother of a three-year-old daughter has been given an unfurnished flat after making a homeless application. But she has no money for furniture. She has been refused a budgeting loan, a crisis loan, and a community care grant.

has insisted it is prioritising getting empty homes back into circulation as one way of making more affordable social housing available.

Kristen Miller, of Shelter's Empty Homes Initiative, admitted there was still a long way to go. But she said: "We have ambitious hopes for the project and are encouraged by the number of reports so far."

"In certain areas – particularly those in cities – getting empty homes back into use has the potential to make a difference. Councils can learn a lot from similar schemes, which have worked successfully in England."

Miller is currently aiming to get three 'pilot properties' in West Dunbartonshire, West Lothian and East Ayrshire back into use, working intensively with councils to provide the support and advice they need. This includes helping local authorities to overcome the barriers such as

establishing ownership of the property and tracking that owner down.

According to a 2009 Scottish Government report, councils had stopped treating the issue of abandoned homes seriously, and activity to address the problem had declined dramatically in recent years.

It made a series of recommendations, including partnership working to address the problem. A spokesman said that it sees the Empty Homes Initiative as key to this.

A Scottish Government spokesperson said they saw the Empty Homes Initiative as an important way to address the issue and engage with councils.

Staff

Ethical café gives homeless chance to make a change

A café run by an Edinburgh homeless charity is now planning to skill up its service users as coffee baristas, giving them training and support, which in the long-term the charity hopes will help get them off the streets.

Captain Charles Taylor's Coffee House, run by Streetworks, launched quietly on the South Bridge in the Scottish capital during the Edinburgh Festival 2010 and now runs as both a takeaway and café.

Its name is a nod to a well-known Edinburgh benefactor of the homeless, Captain Charles Taylor, whose legacy was the Sailor's Arc, a homeless service which ran from the 1930s until it was unfortunately forced to close its doors in 2007.

**You can read the news,
keep informed & search our
directory of services online @**

www.thepavement.org.uk

Serving high quality coffee supplied by Artisan Roast, over the last six months it has been attracting discerning coffee drinkers from across the city and ploughing all the profits from the café back into the charity. But its plans for 2011 are more ambitious.

Now its aim is to get the homeless people using the charity's core services working behind the counter. In future, says the charity, those who approach Streetwork in a vulnerable situation could end up earning their crust serving coffees.

Streetwork's Jackie Whalen explained that though the plans for the next phase of the café's life were seemingly simple, they had the potential to make a real difference.

"Service users who are ready to re-enter the working world will be given support, including food preparation and food hygiene training, to help them get behind the counter," she explained.

Service users will be referred to the training scheme through Streetwork's Higher Ground scheme that seeks to rehabilitate vulnerable using funding from Scottish Government.

The goal is for these service users to be introduced to working at a pace that suits them as individuals. Like all of Captain Taylor's Coffee House they will be given their in-house training from barista Tom, himself a former employee of Arisan Roast. This support should give them the best possible chance for a successful return to work.

Work experience in catering is valuable and it is transferable the world over, according to the Streetwork team, who also hope that learning new skills and returning to employment will give service users the confidence boost they so badly need. In turn it is hoped that this will help them to leave the streets behind for good.

Jackie Whalen told *The Pavement* that Streetwork are hoping coffee drinkers will be

attracted to Captain Taylor's Coffee House because it allows them to easily engage with a charitable cause simply by buying themselves a coffee.

And it seems to be working. Reports so far show that this café is helping put an ethical Edinburgh on the map, for all the right reasons.

Zara Cameron

- To get more information about Streetwork and the services they offer visit their website at www.streetwork.org.uk, or call **0131 557 6055** or Freephone **0808 178 2323**.

And the charity also gets its own wheels...

Another boost to Streetwork is the recent acquisition of two cars, bought with the help of The Big Lottery Fund. This will be used to help the work Streetwork does with 16-25 year olds through the ESIST project.

ESIST aims to help young people, supporting them while they find employment and housing. The team work closely with individuals struggling to make the transition from growing up in care to living independently, aiming to ensure that they don't end up sleeping rough.

The project aims to engage with young people on their own turf, visiting schools, the streets and local neighbourhoods across the city. Being mobile is key to its success.

These cars may seem like a simple addition to the project, but Streetwork say they will be invaluable in helping them to reach, pick up, transport vulnerable young people who might otherwise not access support.

Zara Cameron



Patricia Duncan

Age at disappearance: 52

Patricia went missing from her home in Buckie, Moray, Scotland during the early hours of Friday 15 November 2002. At some point between midnight and 7am Patricia left the house taking no clothes or belongings with her. When her family woke the following morning Patricia was nowhere to be found.

Despite numerous appeals Patricia has not been heard from since. Her husband and seven children are extremely concerned for Patricia, as her disappearance is very much out of character and urge anyone with any information as to Patricia's whereabouts to get in touch. She is urged to call our confidential service, **Message Home**, on **Freefone 0800 700 740** where he can leave a message that we can forward to his loved ones on his behalf.

Patricia is 5ft 4in, slim with greying hair and brown eyes. She was wearing a love heart pendant when she last seen.

If you've seen Patricia please call the 24-hour confidential charity **Missing People** on Freefone **0500 700 700** Email: seesomeone@missingpeople.org.uk

missing people
Registered Charity No. 1040918



***The Pavement* Scotland is delivered
by James Tait (centre) and the team at
FFWD Bicycle Messengers**

Contact them on 07717 640 410

News in brief

The homeless news from around the country and the World

Winter shelters follow the pack Funding nothing new

At least five new cold weather shelters opened up across the country this winter, following a drive by charity Housing Justice.

New church shelters were piloted in Chesterfield, Leicester, Birmingham, Ealing and Westminster, after the Christian charity launched its Shelter in a Pack guide in December last year.

Sally Leigh, London and shelters co-ordinator at the organisation, said that most church shelters in London had been full this winter. "We are anticipating an increasing demand for more shelters throughout the country as communities start experiencing the impact of cuts to benefits and increasing hardship among the most vulnerable in our society," she told *The Pavement*.

The pack, which can be downloaded from the Housing Justice website, offers advice on everything from the cost of setting up a winter shelter to dispelling fears about anti-social behaviour - and has been a real success, said the charity.

"Discussions are also taking place on how to establish new shelter projects next winter in Ipswich, Chiswick, Wimbledon, Halifax, Keighley and Enfield," added Leigh.

Garnet Roach

- Details on the shelters and the Shelter in a Pack guide can be found at the Housing Justice website www.housingjustice.org.uk

On 17 February Communities Minister Andrew Stunnell announced £18.5 million will be allocated to tackling rough sleeping in England.

The announcement, made at the Broadway Day Centre, near London's Shepherd's Bush, highlighted funding given directly to charities - usually those carrying out contracts - rather than to local authorities. Stunnell said "I'm delighted to be able to announce £18.5 million of funding this year alone directly for the voluntary sector; on top of the £81.5 million we give to councils."

However, although widely reported as new funding, the announcement seems intended to demonstrate that not all funding for homeless projects is being eroded. When asked if this was funding that already existed, David Carnell, a spokesman at the Department of Communities and Local Government, told *The Pavement*, "The funding is existing funding, but has been protected."

Staff

Ex-rough sleeper up for literary prize

The writer Tom Gamble has been placed on the shortlist for a major literary prize for a novel which was partly influenced by his experiences sleeping on the streets.

Gamble's novel, *Amazir*, is one of six books on the shortlist for the Romantic Novelist Association's 2011 Pure Passion Award. He maintains that the novel is about the hope and love which

can help carry people through periods of great difficulty.

"When you're down, even lower than you thought you'd sink to, your hope is rewarded in a small ways," Gamble explains. "A pleasant word from a stranger in the street, the sunshine warming you up, the sound of birds in a park where you slept overnight... this spurs you on to rise above your trials and get back on the road to self-confidence."

Gamble has previously spent several short periods sleeping rough: as a teenager unable to fully get over his parents break up, after moving to London, and then again at 38, following his own divorce.

"I wouldn't categorize myself as having been a homeless person," he says. "I just experienced a brief, tough time of being without fixed abode and think I saw and felt how it must be: the hunger, the loneliness, the worry, the pride that often prevents you asking for help, and also the of love for people who do actually look you in the eye. Some of that experience has come out in *Amazir*."

Gamble is keen for homeless people to read *Amazir* as he feels that they would be able to relate personally to the novel's message.

"I think it's a message for them that life can sometimes be a rollercoaster - one moment up and the next freefalling," he said. "But that if you have the determination to rise up above it all, keep faith, keep your belief in luck and have an objective in sight, you can get through the storm."

Nicholas Olczak

Reading police seek help in murder

Police in Reading, Berkshire, are seeking help from homeless people in the area in trying to solve the murder of a rough sleeper.

33 year old Damian Whyte's body was discovered by a dog walker in Caversham on the morning of 23 February. The post mortem revealed that Whyte, also known as Tottenham Paul or James Bond, had died of multiple stab wounds.

At a police press conference, the *Reading Chronicle* reported that Detective Chief Inspector Stan Gilmour said: "We need people who knew Damian to come forward and fill in some of the gaps about his movements over the last few days leading up to his death."

Staff

- Anyone with information should call police on **0845 8 505 505** or Crimestoppers anonymously on **0800 555 111**.

Tent city recognised in Seattle

As the US still reels from its worst financial crisis since the Great Depression, tent cities continue to spring up across the country - serving as a sobering reminder of the fragility of the 'American dream'. Regarded by many lawmakers as dangerous, disease-spreading ghettos, hundreds of camps have been shut down, including those in Sacramento and Fort Worth. Following closure, the million-plus inhabitants of these makeshift cities are simply moved on, while only the very lucky one are rehoused.

But the Washington city of Seattle is taking a different and more forward-thinking approach by

planning to run its own homeless camp on state-owned property.

Homelessness has risen sharply in America in recent years as a result of rising unemployment and home foreclosures. Almost half of the country's 3.5m homeless are unsheltered, with a large number congregating in tent cities for safety. In Seattle alone, there are around 8,000 homeless people and around 1,000 of these live in encampments.

One of these sites is dubbed Nickelsville, after former Seattle mayor Greg Nickels, who came under fire for his harsh policies towards homelessness. It has around 100 residents and was set up at a former fire station around three years ago but has since then been forced to move 17 times. The city is now taking steps to establish a permanent home for Nickelsville in a vacant car park, and awaits the result of an environmental impact report due in February.

Seattle's Deputy Mayor, Darryl Smith, admits that a permanent tent city is not the ideal response to homelessness. But he thinks it's worth a try.

Mr Smith says: "No one seems to have come up with a perfect situation or a perfect location to do something like this. But we don't want excellent — what we're grasping for is something basic that can really help people." What's more, he says if the camp is effective, the city could make it a permanent fixture at an annual cost of less than \$1 million.

Nickelsville has a list of rules that are largely self-enforced. For instance, no drugs, alcohol or criminal activity is tolerated within the tent city and offenders risk immediate eviction.

Inside the camp, residents eat together and share in the running of the site, which camp organiser Peggy Hotes believes has helped people get back on their feet. She explains: "I've seen people come in

here with their heads down. Then they're elected to something. And they see that they can participate in making things better, to help solve the issue of homelessness."

The vision for Nickelsville is often compared to another homeless camp in Portland, Oregon, called Dignity Village, which has been around more than a decade.

Seattle has grappled with tent cities for decades. In 2002, a group was given permission to run a homeless encampment within city limits under certain conditions — including a maximum three months at any one site. Tent cities - reminiscent of the 'Hoovervilles' of the 1930s Great Depression - are basic, with no mains electricity, plumbing or drainage.

In Reno, Nevada, the state with the nation's highest repossession rate, a tent city recently sprung up on the city's outskirts and quickly filled up with about 150 people. Most tent cities are in California, where more than 200 people can be found living in Sacramento's Tent City, which became infamous after appearing on the Oprah Winfrey Show. Although this site is currently under threat of closure, the rise in homelessness in the US means that others will no doubt spring up elsewhere.

Rebecca Evans

HRH at Arlington hostel

HRH The Prince of Wales visited a historic London hostel on 16 February (pictured over the page). However, the royal guest did not turn up only to visit the residents of Arlington's 95 housing units, but also to meet business leaders.

Formerly the troubled Arlington House run by Novas (see *The Pavement* passim), Arlington hostel was the backdrop to celebrations which marked 10 years of the Ready for Work programme. Prince Charles is





"Have you any idea what that was doing to the environment?"



Photography by Alastair Fyfe © 2011

the president of Business in the Community (BITC) which runs the back-to-work initiative.

Ready for Work focuses on securing job placements and training for homeless people, with 23 programmes currently running across the UK and Ireland.

Although celebrating past success, this visit was in part a call to arms to businesses to do more in future. In his speech, HRH said, "In the last six months the number of homeless people has begun to rise and I fear this trend will continue... It is estimated that there are some 20,000 people in this country who are either homeless, or who have experienced homelessness, who could be back at work but are not."

Staff

Zulu council in London

Designed to bring together all parts of the homelessness sector, a meeting of agencies took place at London's Bloomsbury Baptist Church on Saturday 12 February. The meeting, named Indaba after the zulu word meaning council, was organised by the Simon Community and Housing Justice and involved both professionals and volunteers, as well as people with direct experience of rough sleeping.

The Indaba was called to discuss the issue of street homelessness, in the wake of the Mayor of London's ambitious pledge to 'end rough sleeping' in London by the end of 2012. In the face of looming cuts and with the numbers of rough sleepers on the rise, the Simon Community feels that serious questions must be asked about whether the Mayor's target is

achievable, or even desirable.

Facilitated by Andy Benson, participants at the meeting were organised into groups and invited to discuss the question: "Ending street homelessness: What's the problem?" The topic generated much debate but those present agreed that the key causes of street homelessness include the shortage of emergency accommodation and the lack of uniform mental health assessment and provision.

During the second half of the meeting, groups discussed possible solutions to the problem of rough sleeping. The agencies agreed that, if the Mayor's 'zero target' is to be met, there needs to be better coordination between professional and voluntary organisations. What's more, as some rough sleepers find dealing with authority figures difficult and stressful, barriers need to be broken down between professionals and clients.

Those present also noted that, if the 2012 target is to be reached, it is essential to involve service users in decisions about how services are run. The Simon Community felt the Indaba was a success, but it was agreed that another meeting should be held to explore in more detail the differences in approaches towards the problem of rough sleeping.

Amy Hopkins

Squats for rent?

There have been reports of an individual loitering outside some London homeless shelters offering places in squats for money. A witness, who wished to remain anonymous, told *The Pavement* that they had seen a man waiting for people to be turned away from shelters before offering them places in houses in the Highgate area.

Posting on the online microblogging site Twitter, the witness said: "Man outside night shelter was recruiting those turned away for his squats. He opens squats as a business in Highgate. He has over 300 beds operating in houses at any one time (360 I think he said). Interesting little business. You see it all on the streets."

Myk Zeitlin, from the Advisory Service for Squatters, which offers legal help for squatters in London, said that, although it is legal for people to open squats for themselves in certain circumstances, it is illegal to charge money for rooms in squats, and the squatters' Advisory Service "certainly discourages" the practice.

He told *The Pavement*: "We do not know this person and we do not support charging money for squats."

"We also hear of people renting out properties under the pretence that they have a right to do so when they don't and this is illegal and we certainly discourage it."

"We give advice to people on

how to open squats for themselves. There are also weekly practical squatters' evenings, rotating between East and South London where people can get help opening places."

John Ashmore

Debut album with Royal backing

A former rough sleeper has released his debut album with a little help from HRH Prince William. Tresor Kiambu, 21, performed a song for HRH during a royal visit to the Centrepont hostel in Soho back in December 2009. Prince William had been serving breakfast at the hostel after spending the night sleeping under Blackfriars Bridge to highlight the difficulties of sleeping rough in London.

Talking about performing for HRH, the young musician said: "He definitely inspired me. When I went back to my room I had some new ideas."

Kiambu, who performs under the name Tres B, came to the UK as a child, having been orphaned during the civil war in the Congo. He moved from hostel to hostel but struggled with alcohol problems, before being put in touch with Centrepont. He describes the homeless charity as his "family."

Tres B, whose sound fuses African folk, hip-hop and soul, has performed at music festivals such as the Big Chill in Herefordshire and played alongside American blues band the Black Keys. The track Kiambu performed for Prince William is called Best Friend and can be downloaded from iTunes and Amazon.

John Ashmore

Heroin drought

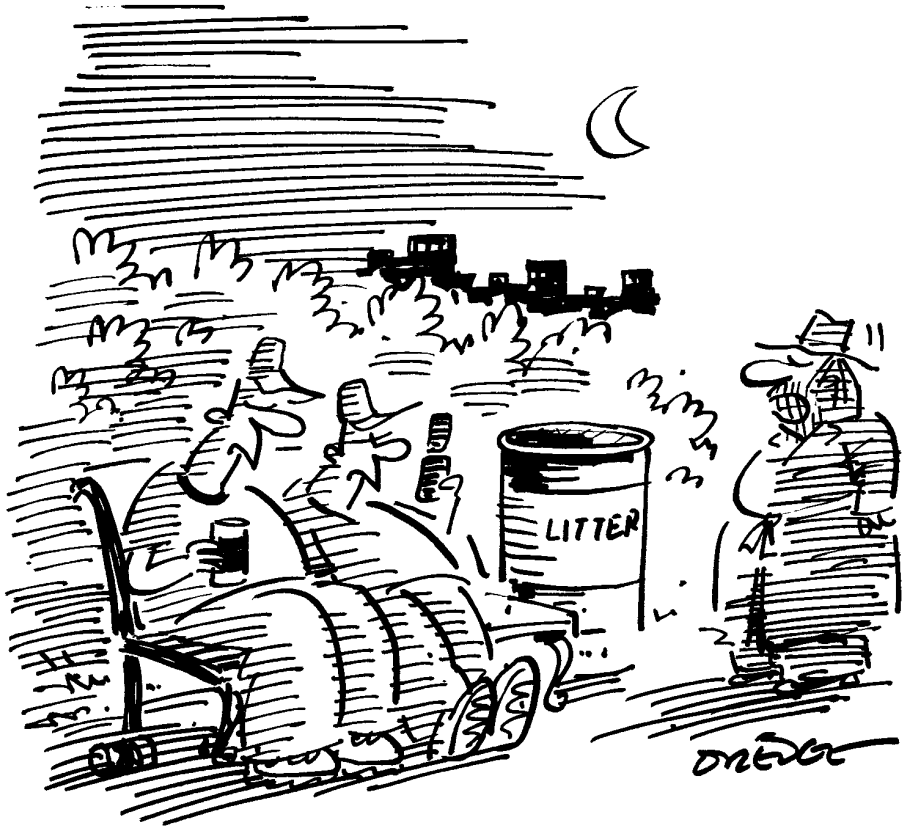
For several months now there has been an acute shortage of heroin in some parts of the UK, which has led to an increased risk of poisoning and overdose. Readers should be alert if they use or know someone who uses.

Since October 2010 the shortage of heroin has been caused by poppy blight in Afghanistan, floods in Pakistan as well as the efforts of international law enforcement agencies. The result of this 'drought' has caused concern amongst drug treatment, with the National Treatment Agency for Substance Misuse (NTA) issuing warnings about the shortage: "The heroin may be difficult to get hold of, or it may be heavily 'cut,' making it weaker than normal; In some cases, the added cutting agents have been reported to be heavily sedative, and to cause memory blackouts."

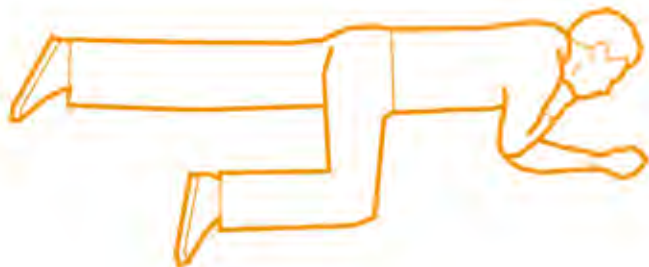
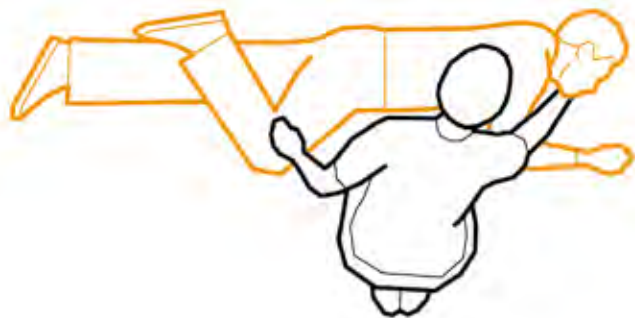
"Some people have ended up in intensive care; Your tolerance can fall within days of using weaker batches of heroin; If your next batch is stronger, you will be at real risk of 'going over' from a heroin overdose. This could kill you; Get into drug treatment. Drug treatment is the best way to avoid overdose death and help is available in your area."

Further to this the NTA also recommend users follow these guidelines to keep safe:

1. Stop using heroin if you can. If you do go back to using though, you will have lost your tolerance – so be very careful.
2. Look into drug treatment – this could be the right time for you to take this step. Heroin substitution treatment (methadone or buprenorphine) is available, as well as other forms of treatment and support
3. Test your heroin before using your usual amount. This is not a guarantee it will be safe, but it could warn you the heroin has become stronger again



"Squatters!"



4. Avoid injecting if you can. Smoking heroin is less likely to lead to a fatal overdose. But remember, there is no totally safe way to use heroin
5. Avoid using other drugs (or alcohol) with heroin. This increases your risk of dying from an overdose. Remember you might have lost tolerance as well, which further increases overdose risk
6. Don't use alone. Agree with each other that you'll phone an ambulance if one of you does 'go over.'
7. Get overdose training to help yourself and your mates. Learning the recovery position (pictured opposite) is a good start.

Staff



Homeless to Harvard

Liz Murray's book, *Breaking Night*, tells the remarkable story of how she went from sleeping rough to graduating from one of America's top universities. Murray became homeless at 15 but went on to win a scholarship to Harvard University. She now works as a motivational speaker who has talked at events alongside Tony Blair and the Dalai Lama.

She grew up in New York with both parents addicted to cocaine and heroin and did not start high school until she was 17 - at a time when most other teenagers were graduating.

Murray became aware that her parents were taking drugs at just three years old, but when her mother was diagnosed as HIV positive in 1990, she also discovered they had been sharing needles. When her father couldn't pay the rent and moved into a homeless shelter, Murray ended up sleeping on park benches or New York's 24-hour subway trains.

But after her mother died in 1996, Murray took steps to change her life. She decided to go to high

school - despite still living rough - and was determined to get straight A's. She completed her high school education in just two years and her teachers encouraged her to apply to Harvard.

But with no money and still living rough, Murray knew she would need a scholarship.

She had kept her homelessness a secret from friends and teachers, but after Murray applied for a New York Times scholarship detailing the struggles she had overcome to achieve academic success, people rallied around. She says never slept rough again.

By the time Murray had graduated from Harvard, her father had also died from Aids. She cared for him until he passed away and says that she took comfort knowing he died clean.

"When someone gets sober it's like meeting them for the first time," she said.

And despite growing up around addiction, Murray says that she was grateful for her family life. "I remember a certain peace knowing we all went to bed under the same

roof at night," she told the BBC World Service programme *Outlook*.

After university Murray set up Manifest Living, offering workshops for people wanting to change their circumstances, and now works as a motivational speaker.

Murray's book *Breaking Night: A Memoir*, which tells the story of her life, became an American bestseller when it was published last year.

Garnet Roach

Benches ruined by vandals with a motive?

Two benches used by rough sleepers at Bognor Regis seafront shelter have been destroyed by vandals. As the homeless people have now been deterred from using the immediate area, the vengeful act has not been met with the cry of outrage usually associated with vandalism. The damage, which was discovered on 20 January, is unlikely to be repaired by Arun District Council in the near future.

Local residents have reported a decrease in anti-social behaviour since the shelter's benches were sawn up, which has been attributed to a reduction in the number of rough sleepers in the area. One resident told the *Chichester Observer* that the vandal has "done us a bit of a favour."

However, spokesperson for Arun District Council, Jo Furber, told *The Pavement* that the destruction of the benches fails to address the underlying problem of homelessness. "Although we have no immediate plans to replace the benches, we are in discussion with local residents as well as community development workers and other agencies about finding a solution that addresses all concerns," she explained. "The ruined benches haven't solved the issue, it's just moved it further down the road."

At present, the council is working with a range of voluntary agencies to ensure the number of rough sleepers is kept as low as possible. According to Furber, the majority of people sleeping rough in the area are Eastern European migrants or those who struggle with drug and alcohol problems. "It means a lot of people are unable to access services as they cannot speak English and have no identification documents," she added. Meanwhile, the Council provides housing options advice from its offices in Littlehampton and is establishing a regular weekly surgery in Bognor Regis, specifically to advise rough sleepers.

In terms of the attack, the police have identified no suspects and will not be pursuing the case.

Lizzie Cernik

Old word on rise

Language that negatively represents of trivialises homeless people is widespread in America, according to Sociological Images, a website

discussing sociology connected to the University of Minnesota.

An article on the website points to examples of young people repeatedly using negative labels to refer to homeless people. It also identifies television programs which contain insensitive representations of the homeless or encourage people to imitate them for fun.

The article describes how young people commenting on an online video of a man panhandling at an intersection make repeated use of the word "hobo" to refer to him.

"A lot of people would argue that references to 'hobos' today aren't really about homelessness now," writes Gwen Sharpe, author of the article. "But the video of the kids' reactions certainly shows that they don't just see it as a term for people in the past; they clearly connect it to homeless people today."

One of girls attributes her use of the label to *iCarly*, an American sitcom popular among young people in America. The article also reveals how the website for this show features photographs of cast members dressed up like homeless people.

Sharpe's article goes on to report that an internet search for the topic brings up a number of entries where people are proposing dressing up like "hobos," including suggestions for "hobo parties."

Also criticized is a show where the host searches the streets for talented homeless people. The article points out that this TV program suggests that it is surprising to find a homeless person with skills or talents.

"Such a news story could humanize homeless individuals," writes Sharpe. "Instead, the news segment treats the two women as sources of entertainment whose value comes only from the possibility that they might surprise us."

Nicholas Olczak

Street heat – Our occasional look at homeless celebrity encounters

Two members of London's homeless population were thrust into the limelight at the beginning of February after being photographed with different A-List celebrities in the space of a week.

In the first encounter, celebrity gossip website *Holy Moly!* featured pictures of Mickey Rourke with a red-haired man outside the exclusive C Restaurant in Mayfair. Rourke was in town as part of research for a new film on openly gay Welsh rugby star Gareth Edwards, when he was snapped with a man the site described as 'Abraham McGingerhat'.

Two days later, *The Office* star Ricky Gervais was photographed outside the trendy Automat Club in Mayfair with an unknown man that *The Sun* newspaper described as a "grey-haired beggar." Gervais apparently gave the man a fifty-pound note after the photos were taken – pictures showed the pair grinning and swearing for the cameras.

Neither story reported the identities of the men in the photos, with *Holy Moly!* offering "a trip to the moon on Richard Branson's lap" if readers could identify the homeless man pictured with Rourke.

James O'Reilly

- Do you know, or were you one of the men in the pictured? If any readers have had a celebrity encounter, or been 'papped' alongside any big stars, let us know – we'd be keen to hear your stories. Contact on page 3.



"I flunked sandpit"

STREET SHIELD

HOME AGAIN.

STREET SHIELD
AND HIS FRIENDS
STEP OFF THE
COACH FROM
BIRMINGHAM...



SO, WE'RE BACK. WHAT
NOW GENTLEMEN? YOU'RE
MY GUIDES.

LET'S GET SOMETHING
TO EAT AND SOME NEWS
AT THE STREET CAFE.



PLEASE, DON'T
GO BECAUSE OF
THIS OFFENSIVE
FOOL.

WE'RE
HOMELESS
TOO.

I'VE GOT A
FLAT, IT'S JUST
THE WATER HAS
BEEN OFF FOR A
COUPLE OF DAYS.



SO WHICH
ONE OF YOU
NEEDS A
BATH..?



I'LL SEE
THE SO
LATE

'KA
YOU

SUDDENLY...

SOMEONE
'ROUND
HERE STINKS
OF PISS!
PROBABLY A
TRAMP!



WELL, IT'S NOT
ME I WASHED THIS
MORNING AT THE
BUS STATION...



AND IT'S NOT ME. I HAD
A PHOBI AND PUT ON CLEAN
CLOTHES BEFORE BREAKFAST.



YOU AT
UP RUN
ER!

Y. CATCH
SOON, SS!



NOW - LET'S HAVE
A CHAT ABOUT MANNERS
AND THE DANGERS
OF STEREOTYPING!



NEXT MONTH

THE LINE UP!

Health and wellbeing

The Pavement's health team – a podiatrist and a nurse – aim to help keep you well

Athlete's foot – avoidance and treatment

You don't have to be an athlete to get athlete's foot – you just need to be exposed to the fungus that causes it. Athlete's foot is the common name for a fungal infection, usually from the *Trichophyton* family.

Feet provide a warm, dark, steamy environment where fungal infections can live happily, often between the toes (where they make the skin go white, cracked and soggy) and on the sole of the foot, usually around the arch (where they can appear like dry skin, but whiter and scaler on top, with redness underneath). Sometimes tiny blisters may appear around the infected area.

You'll know you've got athlete's foot when you start to feel the itching – fungal infections are notoriously itchy, and the more you scratch, the more you spread them. They can also feel hot, stinging or burning; sometimes this feeling gets worse when you have been in a warm environment such as bed or a bath, and you can often experience intense itching.

Avoidance is better than cure. Try to evade fungal infections by keeping to your own socks and shoes, and wear flip-flops or some other sort of footwear in shower, locker and changing rooms. The 'athlete' bit of its name comes from the idea that the fungus can spread well in communal and shared areas – as well as via wet towels, bedding and floors, and by direct contact. If you are reasonably sure that the itching between your toes or on the sole of your foot is a fungal

infection (it could be eczema, psoriasis, dermatitis or a drug reaction, so rule these out first), then start treatment – it will most likely spread and get worse if you don't.

Hygiene is, of course, important, but having a fungal infection doesn't mean you are dirty: you have been in contact with the fungus, it has invaded your skin and you have to kill it. Simple washing and hygiene won't do that on its own, especially if it has been there for a while. Fungal infection is notoriously difficult to treat, and the only way to get rid of it is to use an anti-fungal agent (usually a gel, cream or a spray), which you can get on prescription from a GP or buy over-the counter. Check the ingredients if you decide to buy over-the-counter: a store's own brand cream may have the same ingredients as named brands but be a lot cheaper.

Unfortunately, 'curing' athlete's foot is a long, slow process: it usually takes a good few weeks to get it under control. Even if the fungus looks as if it has disappeared, keep applying the cream for a couple of weeks – it has a habit of pretending to disappear but hanging around, only to return with a vengeance.

Left untreated, fungal infections can spread over your feet and can also get into your nails, making them thick, crumbly and yellow. Fungal infections and the intense itching and scaling they create also make the skin on your feet vulnerable to other problems, such as open sores, cracks and the risk of secondary bacterial infection.

A final word of warning: untreated athlete's foot can sometimes spread to the groin... not pleasant and not pretty. So, think about getting a tube of something if you suspect you have it on your

feet and get it treated quickly.

Better still, avoid the fungal infection in the first place, and keep your feet sweet.

Evelyn Weir

Lecturer in podiatry
Queen Margaret University
Edinburgh.

A basic guide to needlestick injuries Part 1

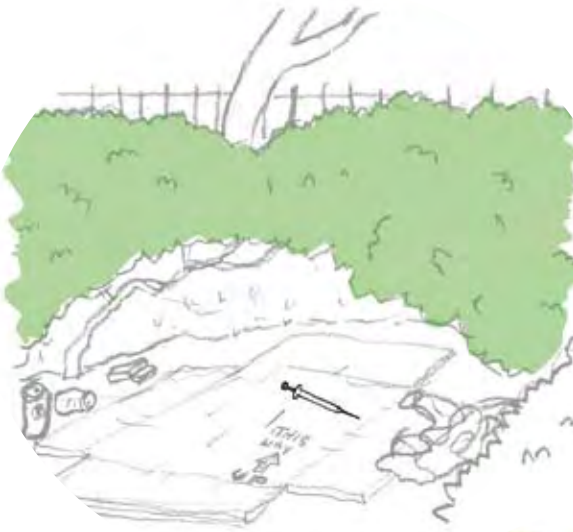
Q: What is a needlestick injury?

A: A needlestick injury is when your skin is punctured by a needle that someone else has already used.

Never, ever re-use or share a needle. One that another person has used may carry a multitude of diseases, and putting a used needle into your body provides them with a super-fast way in. Your skin is a barrier to infection; puncturing it with an unclean needle is breaking your best protection and injecting a package of bacterial and viral nasties directly into your bloodstream.

Now I've probably scared the living daylight out of you, here's the lowdown on how to stay safe if you use needles or if you're likely to come across them...

Needles are designed to be used once and only on one person. In the UK, most needles come capped with a plastic sheath and sealed in a paper and plastic package. You should assume that any needle that is not sealed in its original packaging has been used. A needle may be capped, but if it's not sealed inside the paper and plastic sleeve, then it has probably been used. Do not use it!



do not touch them. There is no safe way to handle used needles unless you are wearing protective clothing. Avoid them, and contact your local council to get them safely removed.

If you come across needles often, it may be worth investing in a set of pincers, tongs or strong gardening gloves so you can check the area without having to use your bare hands.

The only safe way to dispose of used needles is in a bright yellow “sharps” box. If you regularly use needles and sharps, you should have one. You can get one from your GP or needle exchange on prescription – find out if and how sharps boxes are distributed in your area. Once your box is about three-quarters full, seal it and hand it in so it can be disposed of safely. Never put your hand in a sharps box, never try to get anything out of a sharps box and keep it well away from children and pets.

Also remember, never try to recap a needle used by someone else – this is when you’re most likely to get stuck.

Look out for used needles. Check the area where you bed down at night for needles. Carefully check discarded clothing, or any building or squat you might use. Needles can be hidden in debris, so be careful. If you come across used needles >>



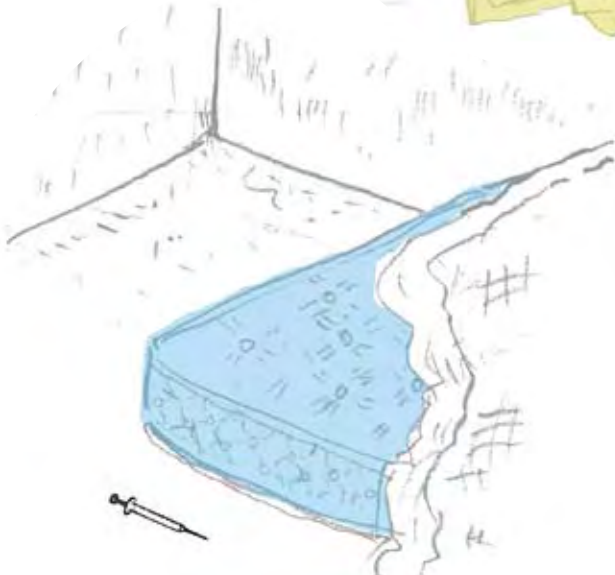
If you’ve got a used needle and don’t have a sharps box, then don’t leave it lying around.

As a nurse, I would never use a needle to inject someone unless

I had a sharps box with me, however this is not practical outside of healthcare. You need to think about the dangers the used needle may pose to others and find the best way of making sure no one else stumbles across it. Re-cap it and seal it inside a solid plastic or glass container, write what it is on the outside, keep it with you and take it to a pharmacy, hospital or health centre to be disposed of.

Next month, Part 2 - What to do if you get a needlestick injury? Good health,

Susie Rathie
The Pavement’s nurse



HOMELESS CITY GUIDE



squat



empty building



dangerous neighbourhood



danger



guard dogs



an attack happened here



good place to drink / smoke



unfriendly place



friendly place



soup run (with rating)



strong police presence



potential for work



good food thrown away here



safe for sleeping



message board x mins that way



security guard



you'll get moved on here

step 1



step 2



MAKE YOUR MARK AND HELP OTHERS TO READ THE CITY

Make non permanent marks to keep the system up to date and stay within the law.

Glasgow Women's Support Project

See Telephone Services Glasgow

SAY Women Accommodation Project

3rd Floor, 30 Bell St, G1 1LG

0141 552 5803

Provides support and counselling to young women aged 16 – 25

who are homeless or threatened with homelessness and are

survivors of rape or sexual abuse

AS, C, SH

TELEPHONE SERVICES

Community Legal Advice

0845 345 4345

Nationwide

www.communitylegaladvice.org.uk

Mon-Fri: 9am-8pm;

Sat: 9am-12:30pm

AD, BA, DA, H

Free, confidential service, offering specialist advice on housing, benefits, tax credits, debt etc.

Domestic Violence Helpline

0808 2000 247

Frank

0800 776 600

Free 24-hr drug helpline

Get Connected

0808 808 4994

Free advice for young people

(1pm – 7pm daily)

Job Centre Plus (benefits agency)

0800 055 6688

To make a claim

For queries about existing claims

For Income Support, Jobseekers

Allowance or Incapacity Benefit

For Social Fund enquiries

0845 608 8661

For the Pensions Service

0845 60 60 265

Message Home Helpline

0800 700 740

24 hrs daily

National Debtline
0808 808 4000

Runaway Helpline

0808 800 7070

Free line for under-18s

who have left home

The Samaritans

08457 90 9090

SANLINE

6 – 11pm

0845 767 8000

Out-of-hours helpline for those affected by mental health

Shelter

0808 800 4444

Housing info and advice

8am-8pm daily

UK Human Trafficking Centre

0114 252 3891

TELEPHONE SERVICES

EDINBURGH

Edinburgh City Mission

Counselling and crossline helpline

Providing a listening service

for anyone in emotional crisis.

Also offers face-to-face coun-

selling by appointment

TELEPHONE SERVICES GLASGOW

Glasgow Shelter Advice Service

Mon-Fri: 9am-5pm

0808 800 4444

Glasgow Street Service

0800 027 7466

Mon-Thurs: 8am-11pm; Fri: 8am-5pm; Sat: 8am-3pm; Sun: 4-11pm

Street outreach team partner-

ship between Simon Community

Glasgow and Barnados Scotland

Glasgow Women's Support Project

31 Stockwell Street, G1 4RZ

0141 552 2221

Mon, Tues, Thurs, Fri: 10am

-4.30pm; Wed: 2 - 4.30pm

Information, advice and initial

support for women who have

experienced sexual abuse

WEBSITES

Mental Fight Club

A creative/arts site for those

with mental illness.

uk.geocities.com/gabriele-

jenskinson@btinternet.com/

The Pavement Online

Soon to have an online version of

The Other List, which will soon be in

several translations to download.

www.thepavement.org.uk/

services.htm

Proud to be mad

A campaigning site for those

with mental illness

www.proudtobemad.co.uk

Sock Book

Previously Everyone's Home

An 'e-shelter', with a large

directory of services.

sockbook.referrata.com

Stonewall Housing

Addresses the housing needs of les-

bians and gay men. Provides tempo-

rary, supported housing for 16 – 25

years old lesbians and gay men.

www.stonewallhousing.org

Streetmate

An independent site with sub-

stantial information on housing,

working and learning, built for

those homeless who use the

internet and want to do-it-them-

selves as much as possible.

www.streetmate.org

WEBSITES EDINBURGH

Homeless Edinburgh

A comprehensive website contain-

ing information about services

in Edinburgh including hostels,

advice and support centres. Also

has information on over 8,000

services outside Edinburgh

www.homelessedinburgh.org

WEBSITES GLASGOW

Homeless Information Pages

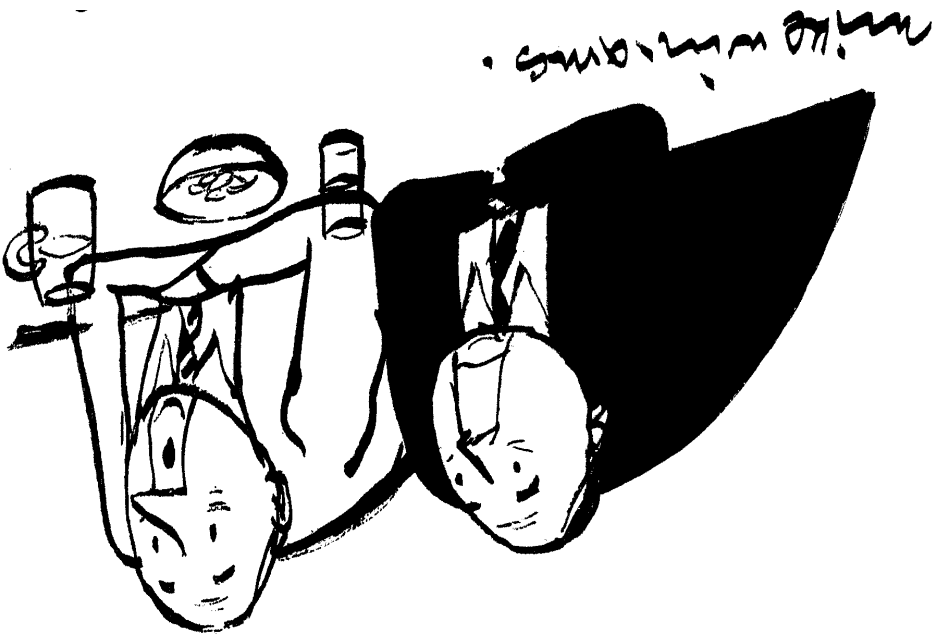
Lots of useful information and

advice on homeless services

in and around Glasgow

www.hipinglasgow.com

*"I'd have my finger on the pulse, if only I
can find a pulse to put my finger on"*



SOUP KITCHENS & SOUP RUNS
EDINBURGH

provide support for people who have hospital appointments and want someone to go along with them. There is also an addiction and mental health team based at this address
A, D, FC, MH, MS, P, SH

Barony Contact Point
101 High Riggs, EH3 9RP
0871 700 7777 / 0131 622 1867
Tue: 10.30am - 4pm;
Thur: 10am - 1pm,
FF, P

Calton Centre
121 Montgomery Street, EH7 5EP
0131 661 5252
Tues: 6 - 8.30pm
FF, P

Care Van
Bethany Christian Trust's soup run in Edinburgh city centre
364 evenings a year
FF

Carubber's Christian Centre
65 High Street, EH1 1SR
0131 556 2626
Sun: 8 - 9am
FF, P

Grassmarket Mission
79/3 Grassmarket, EH1 2HJ
0131 225 3626
Mon: 7 - 9pm; Tues: 6 - 7pm;
Wed: 1 - 4pm; Fri: 1 - 4pm;
Sat 9 - 10.30pm
AC, FF, P

Jericho house
53 Lothian Street, EH1 1HB
0131 225 8230
Sun: 10am - 2pm; Weds
and Thurs: 6 - 7.30pm
CL, FF, P

Little Sisters of the Poor
4/3 Gilmore Place, EH3 9NG
0131 229 5672
Every day 1 - 2pm and 6 - 7pm
FF, P

Missionaries of Charity
18 Hopetoun Crescent, EH7 4AY
0131 557 8219
Every day except Thur:

SOUP KITCHENS & SOUP
RUNS GLASGOW

Balvicar Street
G42 8QU
Thurs: 7 - 9pm
FF, P

Cadogan Street
Glasgow G2 7AB
Runs at these times:
Sun: 9 - 10pm; Mon: 7.30 -
9pm; Tues: 8.45pm - 12.30am;
Wed: 9 - 10pm; Fri: 8 - 9pm
FF, P

Rokpa Glasgow
Kagyu Samye Dzong
The Tibetan Buddhist Centre
7 Ashley Street, G3 6DR
0141 332 9950
FF, P

St. Columba's Church
St. Vincent Street, G2
Sun: 7.30 - 9pm
FF, P

St. Patrick's Church
North Street, G3 7DA
Thur & Sun: 8pm - 9pm
FF, P

St. Simon's Church
Dunaskin Street, G11 6PG
Sun: 1.30 - 2.30pm
FF, P

Waterloo Street
G2
Thur: 10pm - 12am
FF, P

SPECIALIST SERVICES

Support in Mind Scotland
(formerly the National
Schizophrenic Fellowship)
6 Newington Business
Centre, Dalkeith Road Mews,

SPECIALIST SERVICES
EDINBURGH

Edinburgh, EH16 5DU
0131 662 4359
Mon-Fri: 9am-4pm
Support and action for people
affected by mental illness
(including friends and carers)
MH
www.supportinmindscotland.org.uk

Edinburgh Women's Aid
4 Cheyne Street, EH4 1JB
0131 315 8110
Mon: 1-3pm; Tues, Wed &
Fri: 10am-3pm; Thur: 10am-
7pm; Sat: 10am-1pm
Information, support and refuge
for women, and accompanying
children, fleeing domestic abuse
AS, AD, C, H, OL, P

Streetwork UK - Out of the Cold
2 New Street, Edinburgh
0131 556 9756
Working with people over 50
years who are or have been
homeless / housing crisis
AS, AD, BA, DA, H, LA, OL, OB, P, TS

Streetwork UK - Womens Services
4 Bellvue Street, Edinburgh
0131 467 2023
Mon, Tue & Thu: 1-4pm
Drop in for women
AD, AC, BA, CA, CL, DA, ET
LA, OL, OB, P, SH, TS

SPECIALIST SERVICES GLASGOW

GAMH Homeless Support Project
123 West Street, G40 1DN
0141 554 6200
Mon - Fri: 9am - 5pm
(4.30pm on Friday)
Practical support and advice
for homeless people in Glasgow
with mental health problems.
Phone, write or just drop in
C, MH, P

Glasgow Rent Deposit and
Support Scheme
3rd Floor, Crowngate Business
Centre, 117 Brook Street, G40 3AP
0141 550 7140
Mon-Thur: 9am-4pm; Fri: 9am-3pm
AS, BA, C, H, IT, TS

DRUG / ALCOHOL SERVICES

Drinkingline Scotland
Freepost, PO Box 4000, G3 8XX
0800 7314 314
Advice and info for people with alcohol problems or anyone concerned about alcohol misuse
A, C

DRUG / ALCOHOL SERVICES

Castle Project
2 Craigmillar Castle Road, EH16 4BX
0131 661 5294
Mon - Thurs: 9am - 4.30pm;
Fri: 9am - 4pm
D, NE, OL, OB, P, SH
www.castleproject.org.uk

DRUG / ALCOHOL SERVICES

Alcohol Focus Scotland
166 Buchanan St, Glasgow
0141 572 6700
Call-in, phone or email: Mon - Thurs:
9am - 5pm; Fri: 9am - 4.30pm
A, C, ET, P

Breakthrough

James Duncan House, 331
Bell Street, G4 0TJ
0141 552 9287
A joint health and social work project offering services to people with drug and alcohol problems. It also incorporates methadone prescribing.
A, C, D, MS, NE, P

Cocaine Anonymous Scotland

0141 959 6363
www.cascotland.org.uk
Helpline offering help and support to those with or recovering from an addiction. Also offer meetings and literature on addictions
A, AD, C, D

Drug Crisis Centre

The West Street Centre, 123 West Street, G5 8BA
0141 420 6969
www.turningpointscotland.com
24hr service offering information and advice to those who abuse drugs. Also residential drug rehab program: Family support unit operates on this site. D, NE, P

EMPLOYMENT AND TRAINING

EDINBURGH

Bethany Christian Trust
65 Bonnington Road, EH6 5JQ
0131 625 5411
Community Education programme with a range of courses aimed at giving skills to get back into work or volunteering. FF

Bethany Christian Centre (Men only)

6 Casselbank St, EH6 5HA
0131 554 4071
For homeless or vulnerable men with alcohol or drug problems who wish to take part in a work training programme
www.bethanyct.com
CA, ET, P

EMPLOYMENT AND TRAINING

GLASGOW

Glasgow Simon Community - Resettlement Training Service
12 Commercial Road, G5 0PQ
0141 420 6105
Mon - Fri: 9am - 4pm
Runs short courses that help people look at their choices, rights and opportunities in settling down. Open to anyone over 16. Courses are organised on a rolling programme and run between 10am and 4pm
www.glasgowsimon.org.uk
C, ET

Emmas Glasgow

101 Ellesmere Street, G22 5QT
0141 353 3912
www.emmasglasgow.org.uk
Provides accommodation and work for homeless people
AS, CL, ET, P, TS

ENTERTAINMENT & SOCIAL

EVENTS

EX-FORCES

AWOL?
01380 738137
Call the 'Reclaim Your Life' scheme from SSAFA (Soldiers, Sailors, Airmen and Families Association): Mon - Fri: 9am - 10am

Royal British Legion

08457 725 725
Ring the Legionline to see how they can help ex-service-men and ex-servicewomen
Veterans UK
0800 169 2277
Free help and advice for veterans and access to dedicated one-to-one welfare service
www.veterans-uk.info

EX-FORCES EDINBURGH

Whiteford House
53 Canongate, EH8 8BS
0131 556 6827
Ring first
Mon - Fri: 7am - 5pm
Accommodation for homeless ex-service men and women, including ex-merchant mariners.
Can accept married couples
P

JOB CENTRE PLUS

See Telephone Services for helplines

MEDICAL SERVICES EDINBURGH

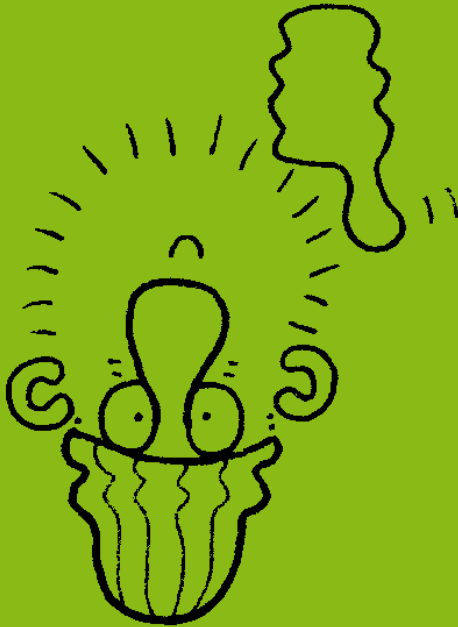
Edinburgh Access Practice

(Cowgate Clinic)
20 Cowgate, EH1 1JX
0131 240 2810
Mon, Wed - Fri (closed on the morning of the third Wednesday of the month): 9am - 12.45pm, 1.45 - 5pm; Tues 9am - 12.45pm
Health service for homeless people, including a general nursing and treatment room, mental health care, 10 GP sessions a week, as well as dental services two mornings a week. Also provides a chiropody service, occupational therapist, clinical psychologist and psychiatrist. A clothes exchange is available too
A, DT, D, FC, MS, MH, P, SH

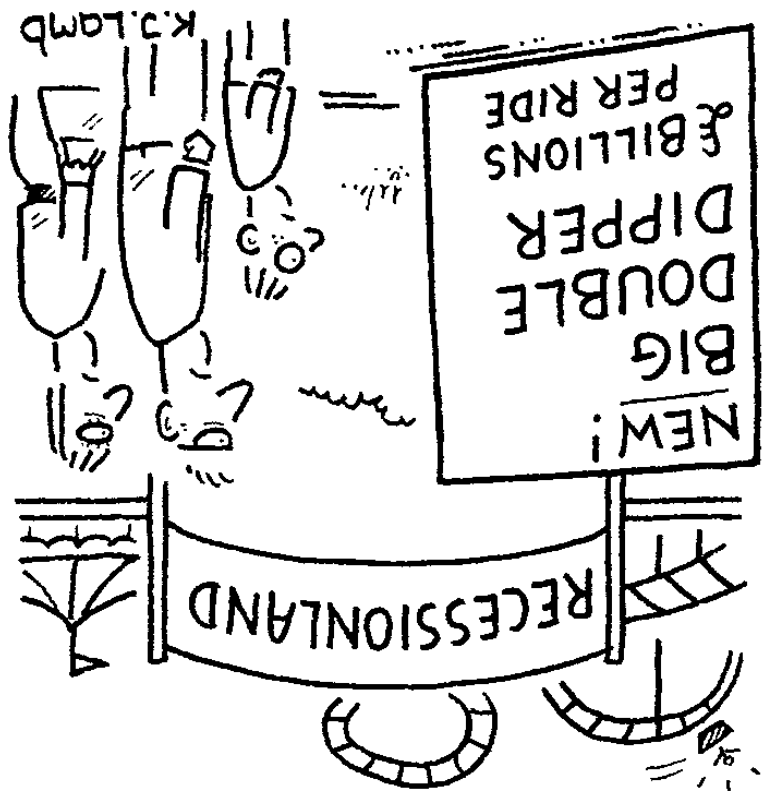
MEDICAL SERVICES GLASGOW

The Physical Health Care Team
55 Hunter St, G4 0UP
0141 553 2826
Mon - Fri: 1 - 5pm
Has two GPs and a team of nurses and office staff who also run clinics at some hostels. Appointments not necessary. They also

www.thepavement.org.uk



**You can read the news,
keep informed & search
our directory of services
@ online**



Salvation Army – Ashbrook
492 Ferry Road, EH5 2DL
0131 552 5705
Single homeless people who are eligible for housing benefit
www.salvationarmy.org.uk
P

Men

Gowrie Care – Caledonia House
Gilmore's Close, Grass-market, EH1 2HD
0131 220 5078
www.homelesseidinburgh.org
P

Women

DIRECT ACCESS HOSTELS/ NIGHTSHELTERS GLASGOW
All with low-support needs

Salvation Army – Hope House

14 Clyde Street, G1 5JW
0141 552 0537
Referral by Glasgow City Council only
A, AS, BS, F, P

Laurieston Centre

39 South Portland Street, G1 9JL
0141 429 6533
Open office hours only
A, AS, BS, F, P

Simon Community – Castlemilk

Men's Accommodation Project
86-88 Arnprior Road, Castlemilk, G45 9HE
Offers a group-living model of supported accommodation to men who have experience of long term homelessness and are committed to addressing addiction issues. Possibility of continuing support after moving into own home. Referral from social work or similar agency is required, accepts men from all over Glasgow
0141 631 1798
www.glasgowsimon.org

Open Door Accommodation

Project
7-12 Adelaide Street, Livingston, EH54 5HG
01506 430221
Young single homeless people aged 16-21 with a local connection to West Lothian
Ring first (8am - 8pm daily)
www.odap.org.uk
P

Young people (16-25)

Number Twenty
20 Broughton Place, EH1 3RX
0131 557 1739
Young single homeless women aged 16-21 with support needs. Ring first (8am - 11.30pm every day)

Rock Trust

55 Albany St, EH1 3QY
0131 557 4059
Various activities and services for 16-25 year olds, including drop-ins, one-to-one sessions and Night Stop on referral.
www.rocktrust.org
P

Salvation Army – Edinburgh

40 Grove Street, EH3 8AT
0131 229 6907
Young single homeless people aged 16-21 with a range of support needs
Ring first
www.foursquare.org.uk
P

Stover (Edinburgh)

14 Polmadie Street, G42 0PQ
0141 423 5599
Works with single homeless women aged over 25 from the Glasgow area. The project is not suitable for women under 25 or those wanting to be accommodated with a partner or with children in their care. Ring first

Women

Govanhill Women's Project

14 Polmadie Street, G42 0PQ
0141 423 5599
Works with single homeless women aged over 25 from the Glasgow area. The project is not suitable for women under 25 or those wanting to be accommodated with a partner or with children in their care. Ring first

Young people

Council for Homeless Young People (CHYP)

171 Wilton Street, G20 6DF
0141 945 3003
Details at
www.queenscrossha.org.uk
Residential support for youngsters and young, single homeless people
P

Quarriers Stopover

189 Pollockshaws Road, G41 1PS
0141 420 3121
For young people 16-25. Accommodation is on the upper levels of a four-storey building so not suitable for people with physical disabilities
A, C, D, ET, H, P
www.quarriers.org.uk

The Mungo Foundation – London Road Project

1920 London Road, G32 8XG
0141 778 1184
Works with 16-25 year olds who cannot access mainstream accommodation. (Open 24 hrs)
www.themungofoundation.org.uk

Tablot Association – Kingston

Halls Direct Access Hostel
344 Paisley Road, G5 8RE
0141 418 0955
Referral by Glasgow City Council only
BS, C, DT, ET, F, H, L, MS, MH, P, SH

Turning Point Scotland – Link Up

112 Commerce Street, G5 9NT
0141 420 1929
A direct access service for homeless people in crisis as a result of mental health, drug, or alcohol problems
A, AS, AD, C, D, FC, MS, P
www.turningpointscotland.com

ADVANCE SERVICES GLASGOW**GEN8R Action for Children (16-24)**

Westwood Business Centre, 69
Aberdell Road, G34 9HJ
0141 771 6161
Mon-Fri: 9am-5pm
Advice and support for 16-24 year
olds seeking accommodation
AS, AD, BA, C, DA, H, P, TS

AS, AD, BA, C, DA, H, P, TS

Glasgow Shelter Advice Service

First Floor Suite 2, Breckentridge
House, 274 Sauchiehall Street
0808 800 4444 Mon-Fri: 9am-5pm
Emergency surgery at office
Thu 2-4pm, at all other times
call the helpline above
AD, C, H, P

Glasgow City Council

For anyone who is homeless,
threatened with homelessness, or
in need of advice about homelessness-
ness issues. Staff will be pleased
to discuss your circumstances
with you in a private interview
room and provide advice on what
can be done next to help you
www.glasgow.gov.uk
AS, BA, C, DA, H, TS

Homeless Person's Team

Hamish Allan Centre, 180
Centre Street, G5 8EE
0141 287 1800
Mon-Thur: 8.45am-4.45pm;
Fri: 8.45am-3.55pm
AS, BA, C, DA, H, P, TS

Glasgow Street Service

See **Telephone Services Glasgow**

DAY CENTRES AND DROP-INS**EDINBURGH****Barony Contact Point**

101 High Riggs, EH3 9RP
0871 700 7777
Mon: 6.30-9pm; Tue: 10.30am-4pm; Thu: 3.30-7.30pm; Fri: 11am-2pm (women only); Sun: 11am-4pm
C, MH, P

Bethany Christian Trust

Leith Accorn Centre YMCA,
Junction Place, EH6 5JA
Tue: 12.30-2.30pm (women only drop in); Thu: 1-3pm

(men only drop in)

Cowgate Day Centre

see **Streetwork Crisis Centre**

Crossreach – Church of Scotland

Social Care Council
Charis House, 47 Milton Road
East, Edinburgh, EH1 5 2SR
0131 657 2000
Mon-Thur: 8.45am-4.45pm;
Fri: 8.45am-3.45pm
www.crossreach.org.uk

Four Square

67a Logie Green Road,
Canonmills, EH7 4HF
0131 557 7930
www.foursquare.org.uk
AS, ET, TS, P

Streetwork UK - Women's Services**DAY CENTRES AND DROP-INS****GLASGOW****Glasgow City Mission – The**

Shieling
20 Crimea Street, Glasgow, G2 8PW
0141 221 2630
Mon, Tues, Wed & Fri: 10am-4pm (drop in); Thur: 1-5pm;
Mon, Tues, Wed & Fri: 6.30-11pm
www.glasgowcitymission.com
AS, AD, AC, B, BS, BE, C, CL, ET, FF, H, IT, LA, MC, MS, OB, P

www.glasgowcitymission.com

Lodging House Mission

35 East Campbell St, G1 5DT
0141 552 0285
Mon, Tue, Thu: 8am-3pm; Wed, Fri: 8am-2pm; Sun: 4-6.30pm
BS, CL, E, F, IT, P

Salvation Army – The Laurieston

Centre
39 South Portland Street, G5 9JL
0141 429 6533
AS, A, BA, C, DA, ET, FF, F, H, IT, LF, MS, P, SH, TS

Wayside Day Centre

32 Midland Street, G1 4PR
0141 221 0169
Mon-Fri: 10-11.30am; 12.30-4pm; 7.30-10pm; Sat 1-4pm
There are specific services for women and rough sleepers as well

DIRECT ACCESS HOSTELS/ NIGHTSHELTERS EDINBURGH

All with low-support needs

Bethany House

12 Couper St, Leith, EH6 6HH
Emergency accommodation
for single homeless people
0131 467 1010
AS, AD, A, BS, BE, D, F, H, LA, P

Bethany Supported Housing

65 Bonnington Road, EH6 5JQ
0131 553 1119
Ring First
P

Castlecliff Hostel

25 Johnston Terrace, EH1 1NH
For homeless people aged
16 and over; accepts couples
and people with pets
0131 225 1643
AS, BS, BE, H, L, P, TS

Cunningham House

205 Cowgate, EH1 1JH
For homeless people with addi-
tional support needs around
alcohol, drugs, mental health
and learning difficulties.
0131 225 4795
www.crossreach.org.uk
AS, BA, P, S

Dunedin House

4 Parliament St, Leith, EH6 6EB
0131 624 5800
www.dunedin-harbour.org.uk
P

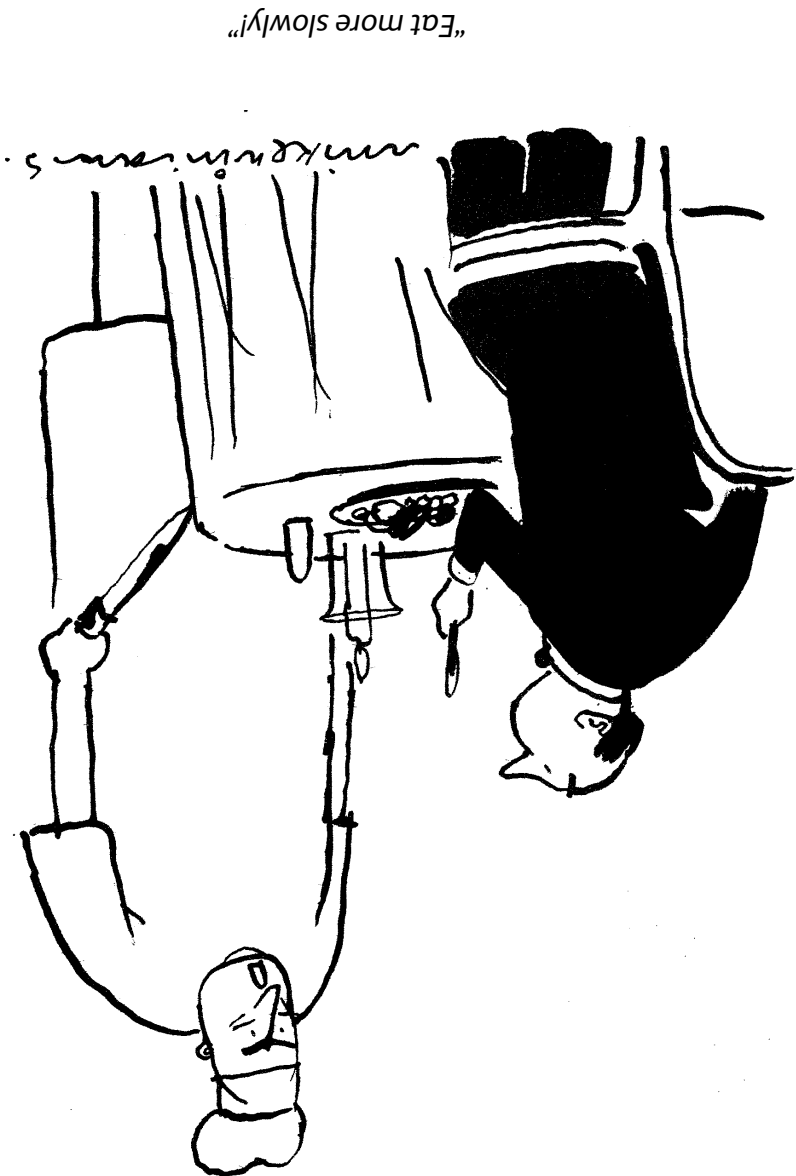
Gowrie Care – St John's Hill

1 St John's Hill, EH8 9TS
0131 557 5502
Ring or drop in: Mon - Fri 9am - 2pm

Randolph Crescent Hostel

2 Randolph Crescent, EH3 7TH
Supported accommodation for
single men and women from
Lothian and Edinburgh Absti-
nence Programme (LEAP)
0131 220 1607
Referral from LEAP on:
0131 456 0221, P

as health, addiction and other
specialist services at specified times
AS, AD, AC, B, BA, BS, BE, CA, CL,
ET, F, FF, H, IT, L, LA, MS, OB, P



the **OTHER** list

The directory of Scotland's homeless services

Updated 28 February 2011

Key to this list:

Accom. assistance – AS

Advocacy – AD

Alcohol workers – A

Art classes – AC

Barber – B

Benefits advice – BA

Bathroom/showers – BS

Bedding available – BE

Careers advice – CA

Clothing – CL

Counselling – C

Debt advice – DA

Dentist – DT

Drugs workers – D

Education/training – ET

Free food – FF

Food – F

Foot care – FC

Housing/accom advice – H

Internet access – IT

Laundry – L

Leisure activities – LA

Leisure facilities – LF

Luggage storage – LS

Medical services – MS

Mental health – MH

Music classes – MC

Needle exchange – NE

Outreach worker links – OL

Outreach workers – OB

Pavement stockist – P

Safe keeping – SK

Sexual health advice – SH

SSAFA – SS

Tenancy support – TS

If you've any changes or suggestions write to us at the address on page 3, or email: thelist@thepavement.org.uk

Updated entries: 1

Services added: 0

ADVICE SERVICES EDINBURGH

Advocard

332 Leith Walk, EH6 5BR

0131 554 5307

www.advocard.org.uk

Mon – Fri: 10am – 4pm, MH, P

City of Edinburgh Council

– Housing Options Team

1 Cockburn St, EH1 1BJ

0131 529 7584 / 7368

Mon, Wed, Thurs 8.30am

– 5pm; Tues 10am – 5pm;

Fri 8.30am – 3.40pm

Advice and information on

– housing options for homeless people, including assessment of priority need for housing. Out-of-hours emergencies phone 0800 032 5968, AS, H, P

Edinburgh Cyrenians

57 Albion Rd, EH7 5QY

0131 475 2556

Mon – Fri 10am – 4pm

Advice, information and support for people who are homeless or threatened with homelessness

AS, ET, H, P

Homeless Outreach Project

19 Smith's Place, EH6 8NT

0131 554 3961

Mon – Fri: 9.30am – 5pm

Outreach service for homeless people with mental health, alcohol

and drug-related problems

AS, AD, A, BA, CA, C, D, ET,

H, MH, P, OB, SH, TS

Streetwork UK – Crisis Centre

22 Holyrood Road, Edinburgh

0131 557 6055

Free phone 0808 178 2323

24/7 crisis centre for people in

housing crisis or at risk of sleep-

ing rough. Includes outreach

service / needle exchange.

AS, AD, A, BA, BS, CA, CL, D, DA, ET, F,

F, H, IT, L, LS, MH, NE, OL, OB, P, SH

www.streetwork.org.uk

The Access Point

17-23 Leith Street, EH1 3AT

0131 529 7438

Services for people 16 years or over

who do not have care of children

Mon, Wed, Thu: 9am–5pm;

Tue 10am–5pm; Fri: 9am–4pm

(drop-in services only): Mon–Thu:

1.30–4pm; Fri: 1.30–3pm

Emergency assistance outwith

office hours phone 0800 731 6969